

Table 1. Demographic characteristics of the study population	
Age (years)	18-24
Gender	Male
Marital status	Married
Education	High school
Occupation	Student
Religion	Islam
Family size	2-3
Income (TL/month)	1000-1500
Health status	Healthy
Smoking status	Non-smoker
Alcohol consumption	No
Physical activity	Regular
Stress level	Low
Family history of hypertension	No
Duration of hypertension	1-5 years
Medication adherence	High
Comorbidities	None
Geographical location	Urban
Season	Spring
Time of day	Morning
Study duration	6 months
Sample size	100
Response rate	95%
Dropout rate	5%
Follow-up period	12 weeks
Assessment frequency	Weekly
Measurement technique	Automated
Calibration status	Valid
Operator training	Yes
Data management	Secure
Ethical approval	Obtained
Consent status	Informed
Publication status	Not published
Conflict of interest	None
Limitations	Small sample size
Strengths	High adherence
Future research	Long-term study
Conclusion	Effective intervention
Keywords	Hypertension, Lifestyle, Intervention
Abstract	Summary of the study findings
Introduction	Background and objectives
Methods	Study design and procedures
Results	Key findings and data
Discussion	Interpretation and implications
Conclusion	Final summary and recommendations
References	Key literature cited
Appendix	Additional data and tables
Supplemental material	Extra information provided
Correspondence	Contact information
Disclaimer	Limitations of the study
Acknowledgments	Gratitude to contributors
Conflict of interest	Statement of no conflict
Consent	Participant consent statement
Ethical approval	Ethics committee approval
Publication status	Manuscript status
Keywords	Relevant search terms
Abstract	Concise summary of the paper
Introduction	Opening paragraph of the paper
Methods	Methodology section of the paper
Results	Findings section of the paper
Discussion	Analysis and interpretation section
Conclusion	Summary and final thoughts
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INTERFERENCE SEARCHED			
Class	Subclass	Date	Examiner
521	54	08/04	ME
11	55		

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